

Beyond PhD survival guides: reflections on finding 'joy in the journey'

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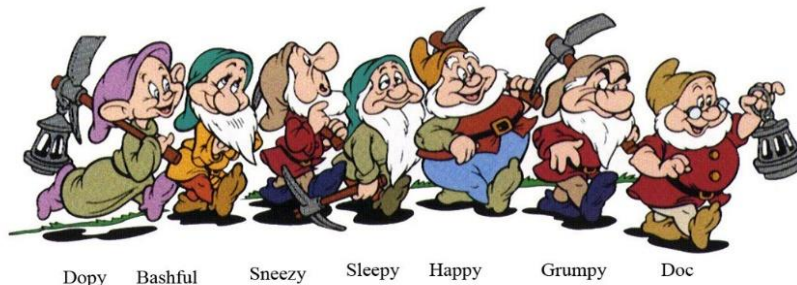
Today's talk

- How I arrived at today's topic
- My research as a tweet...a snapshot of my PhD
- A growth mind-set? - experiences from my personal research journey
- Hints to ~~survive~~ enjoy your PhD experience
- Questions?



The PhD experience

“Being a PhD student is like becoming all of the seven dwarfs....”



*“...In the beginning you’re **dopey** and **bashful**. In the middle, you are usually sick (**sneezy**), tired (**sleepy**), and irritable (**grumpy**). But in the end they call you **Doc**, and then you’re **happy**!”* (PhD Graduate)

“Guides”, for example: 20 tips for **surviving** your PhD; How to **stay sane** through a PhD; five secrets to **surviving** your PhD; 17 simple strategies to **survive**, etc., etc...

*“When we look back, we should not be thinking: I am so thankful that’s over and I got out of it alive but that was tough, but **great**, and I would **totally do it again**.”* (PhD Graduate)





My research as a tweet...



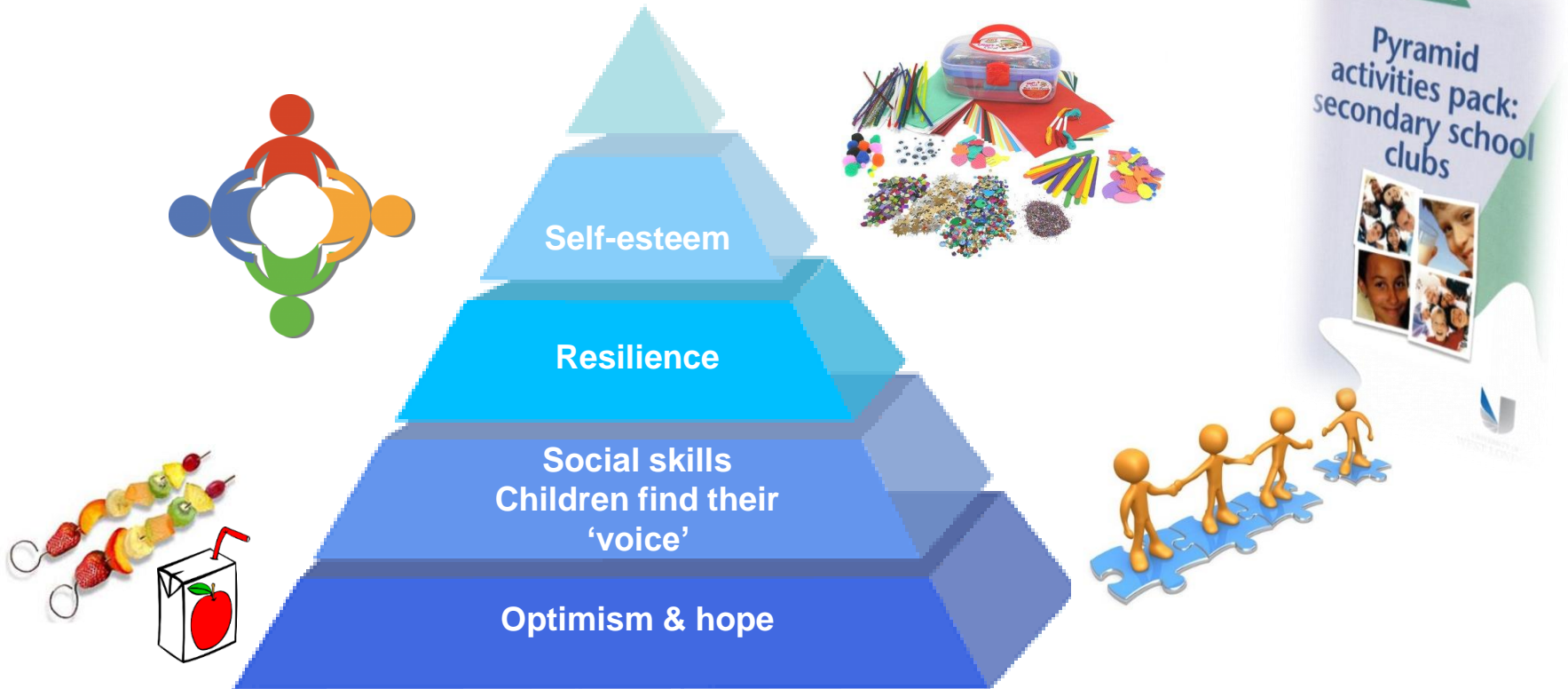
Pyramid enhances the SEWB &
school performance of 11-14
year olds: its unique synergy
prompts positive behaviour
change & real world outcomes

(140 characters!)



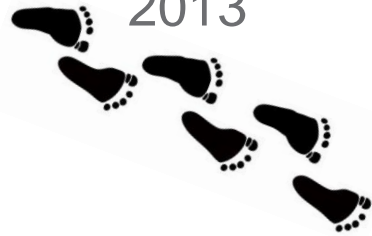
Evaluating Pyramid: a school-based socio-emotional intervention

Building friendships, developing confidence



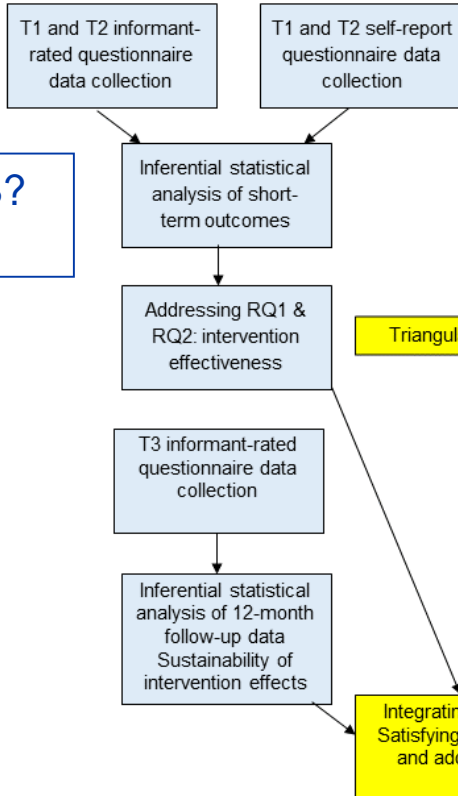
Study design: a research journey

2013

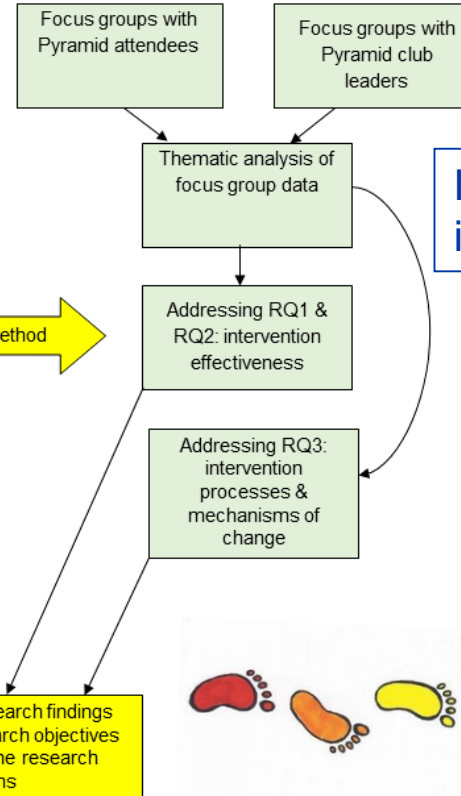


Effectiveness: SEWB?
school performance?

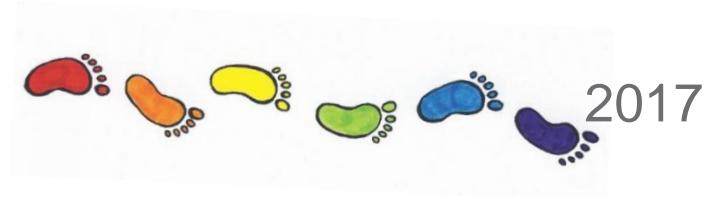
Quantitative strategy



Qualitative strategy

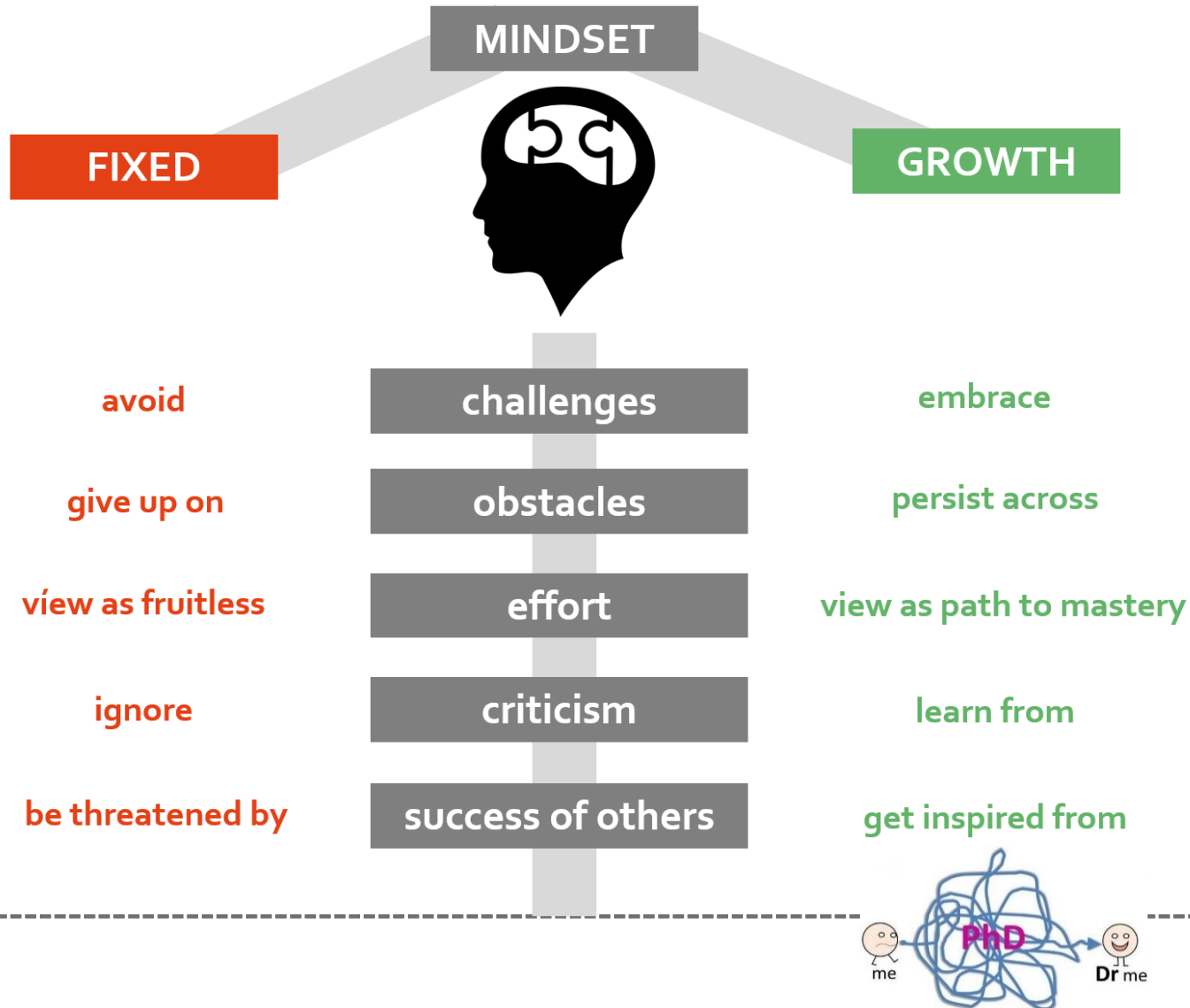


How? Why? 'Active ingredients'?

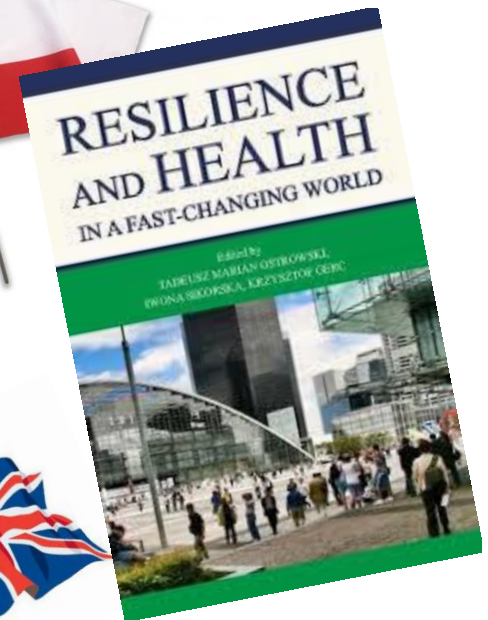
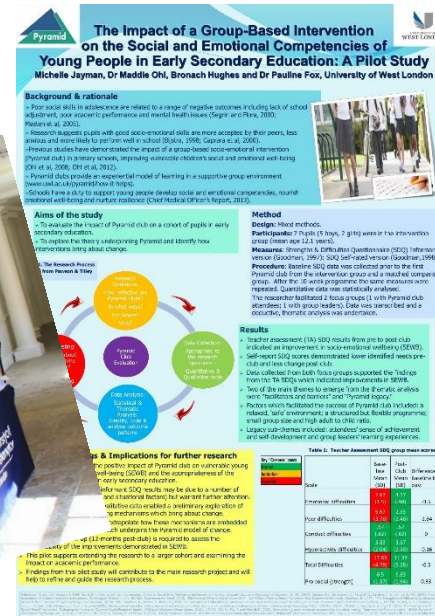


2017

Cultivating a growth mind-set



- Presenting your research
 - academic conferences, to peers, other relevant audiences?

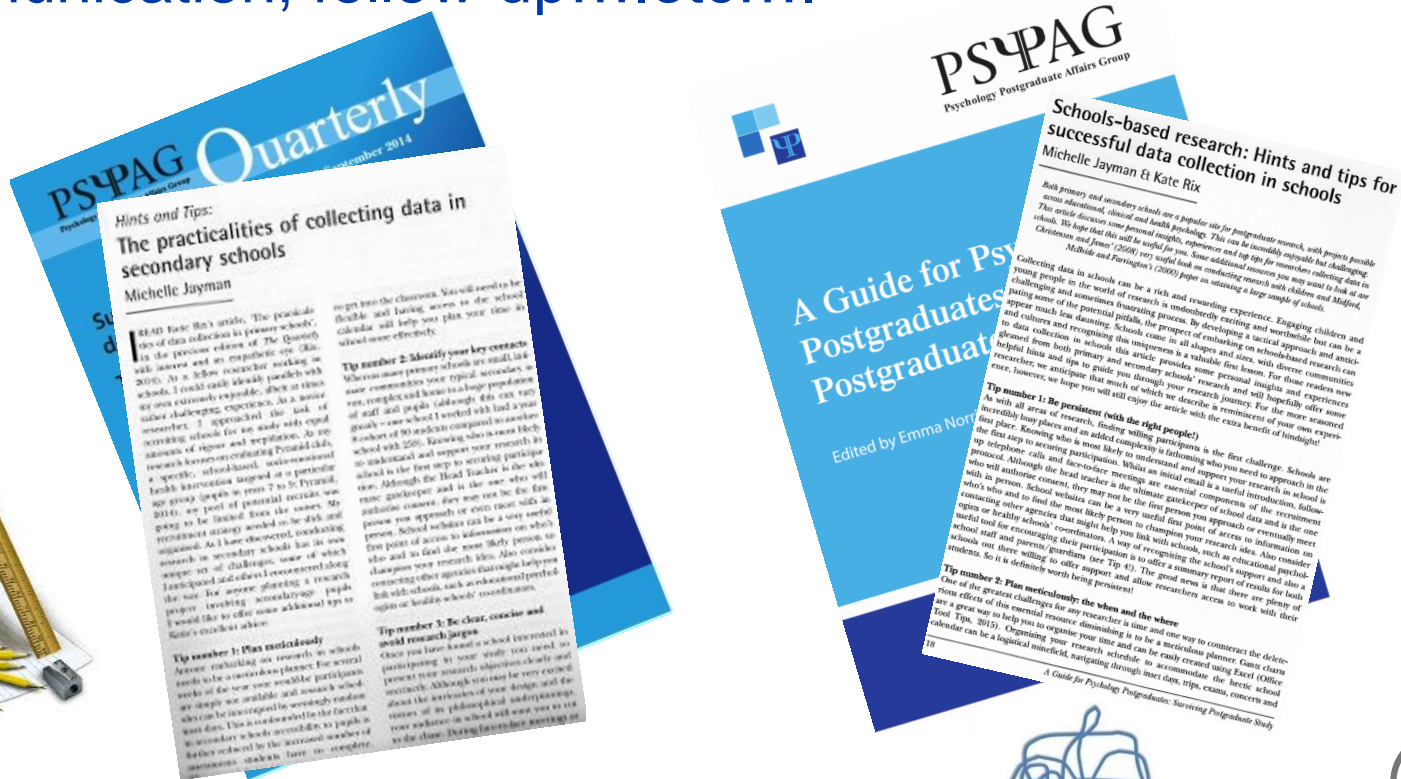




persist across

Managing setbacks

- Navigating the rocky road of school-based research
- ethics, access, suitability, practicalities of data collection, communication, follow-up....etc....





Effort, effort and more effort

- Methodology
- Teaching opportunities



Criticism and inspiration

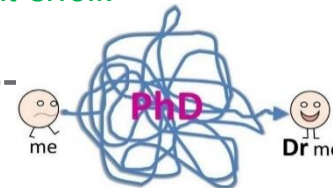


learn from
criticism

get inspired from
success of others



*"I used to get bullied and stuff which basically put me
inside of a shell but Pyramid helped to break that shell."
(Year 7 Pyramid club member, 2015)*



Remember....



...and I really hope you enjoy your journey!



Any Questions?

